

**ABSTRACT**

The present invention provides a method of making a carbohydrate foam composition. The method produces a foam composition is highly wettable, resilient and has a uniform pore structure suitable for use in products such as absorbent personal products, health care products, and products suitable for fluid distribution and transfer. The foam of the present invention may also be made into sheets suitable for products such as tissue and paper towels. In one embodiment the foam is made from a carbohydrate and zinc chloride. In a further embodiment the carbohydrate is cellulose, and in a further embodiment the carbohydrate is chitin. The method of the present invention allows control over various properties of the foam carbohydrate composition.

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